

# Keep Fit Program

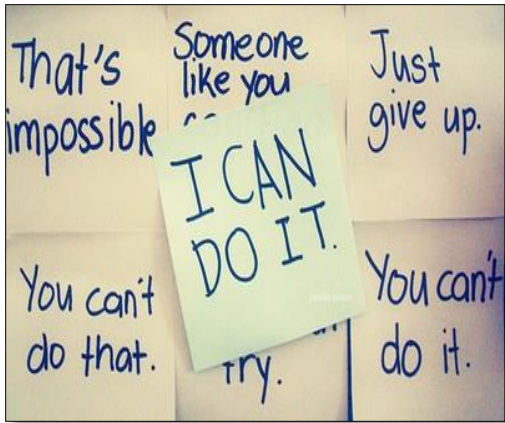
A healthy lifestyle competition



\$\$ Win Cash \$\$  
Lose Weight  
Reduce Stress



Have fun learning and living a healthier lifestyle



Healthy change calls for  
a good plan,  
the will to change,  
and the courage to say,  
"I CAN"

- Dates:** January 14, 2014 – March 04, 2014
- Eligibility:** Anyone & Everyone that is within the boundaries of the Yakama Nation through either work or place of residence
- Registration:** Jan. 10<sup>th</sup> and 13<sup>th</sup> from 8am–5pm at IHS Community Health
- Teams:** 2 people per team, and be sure to create a team name
- Fee:** \$5 dollars per person. All fees collected will be used for prizes.
- Check in:** Every Tuesday 8am – 5pm
- Points:** Will be assigned based on exercise, nutrition, & weight control, plus bonus points for other activities TBA

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For further information please contact J'Shon Reed at IHS  
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